



What am I projecting onto someone else?

What qualities can I not stand in someone else? What drives me nuts in a partner or parent? What is my favorite quality in a current partner? Do I have anyone in my life who has felt numinous, light-filled, almost god(dess)-like, I've obsessed over? What quality drew me to them? Where is this quality in me? Have I disowned a part of myself and projected it onto the Other?



What is someone else projecting onto me?

Have I been in a situation where I thought "that's not like me" or caught myself acting completely unfamiliarly? Have I been placed into a role or position in someone else's life that I did not consent to? Have I been the object of someone's obsession?